

*Be kind. Do your best. Achieve together.*



Thursday 1<sup>st</sup> October 2020

Dear parents and carers,

This year has been a challenging time for all of us for so many reasons and it is really important that now, more than ever, that we look after ourselves, especially our mental health. Being apart from our loved ones, living life in lockdown and the continued anxieties surrounding the next few months may have affected us in ways we did not think it would.

With this in mind, as a school, we have decided to take part in **World Mental Health Day on October 9th 2020**. This year they are promoting 'Do One Thing For Better Mental Health' support the Mind charity. There are range of activities they suggest to promote our mental health but we have decided to keep it relatively simple and **ask the children to wear yellow to school** as it is the colour for the Mind charity. It is also a bright sunny colour to lift our spirits, which is always welcome. If your children do not have any yellow clothing, they can wear a yellow band, badge or even socks – just something yellow.

In school on the day, the children will have the opportunity to discuss mental health and how to get help if they need it. This is in addition to the mental well-being activities the children will be doing regularly in school.

Yours sincerely,

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